JOURNAL of the CANADIAN ASSOCIATION FOR HEALTH, PHYSICAL EDUCATION AND RECREATION

Vol. 27 December, 1960 - January, 1961 No. 2

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1959 - 60

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Journal of the Canadian Association For Health, Physical Education And Recreation

VOL. 27, No. 2 Toronto, Ontario December 1960-January 1961

PUBLISHED BY
The Canadian Association for Health, Physical Education and Recreation, Inc.

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McCorquodale & Blades (Printers) Limited,
260 Bartley Drive,
Toronto 16, Canada

Subscription rate for non-members: $5.00 per year.

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Editorial

PROFESSIONAL UNITY

Last June it was our pleasure to participate in the three day conference on Physical Fitness sponsored by the Physical Fitness Committee of the Ontario Provincial Government. The purpose of the conference was to make recommendations to the committee which would help guide its thinking regarding programme in the Province.

The discussions were robust—the recommendations were sound—and the fellowship was gratifying. But what impressed us most was the fact that this was one of the few times in our experience that we have seen all the facets of our profession working together on a common problem, having a common purpose, and operating on common ground. The personnel attending came from the universities, community recreation, the medical profession, elementary and secondary school administration, school and physical and health education, Y.M. and Y.W.C.A., Y.M. and Y.W.H.A., the Canadian Legion, and all others who participate in the promotion of human fitness. The only similar situation we have encountered was at Edmonton in June of 1959 when all branches of our profession cooperated to operate the highly successful CAHPER convention.

There is a principle involved here—for are we not all concerned with the same kind of aims. Are the purposes of recreation physical education and health education not very near to identical? Are we not really one discipline—one profession?

Traditionally it has been our wont to divide ourselves—to identify ourselves with one of health education, physical education or recreation. And there has been some reason for doing so—for all three branches of our profession are young—in their infancy in fact. We have had little reason or opportunity to work together.

But now we are growing. We are approaching maturity in professional preparation, professional philosophy and professional recognition. We have reached the rung in the ladder where we can no longer bury our heads in the sand of our particular job situation. We must look upward and outward and recognize our common bond as one discipline dedicated to the social service of Canada and the world.

Unification no longer presents the stumbling blocks which have existed in the past. We now have degree courses in Physical and Health Education and Recreation in the great majority of our universities across Canada. Research in all phases of our work is expanding. We have a sufficiently large body of highly qualified personnel in the field, and we have a vigorous and progressive national organization in CAHPER which is spearheading our movement.

Nothing stands in the way of professional unity except ourselves. Other disciplines associated with medicine and the social services recognize the potent force of our various abilities and influences. *We are ready for national professional unity. Are we willing and able?*

The Editor

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THE PRESIDENT'S PAGE

By GORDON A. WRIGHT
Director, Physical Education Branch,
Department of Education, Ontario

In the last issue of this Journal I expressed some concern for the course we are charting for ourselves. Now let us examine some of the activities that are helping us grow and develop as a national organization.

Dr. William Orban as Chairman of the Sports Medicine Committee, is busy preparing a survey of research material in the field of physiology, for your information. He has also agreed to be our spokesman when a representative group of our members meets with medical doctors next spring at the request of the Canadian Medical Association, to study common problems in Health and Fitness.

Miss Elsie McFarland has agreed to chair the committee on Professional Registration. The work of her committee will form the backbone of a professional development programme. Members will receive a newsletter early in the new year to guide them in their decision to support this committee.

Mr. Sid Chapman, who is completing Miss Winona Wood's term as Chairman of the Speakers' Bureau, is actively developing lists of speakers and visitors for your professional development.

Miss Iveagh Munro and Dr. Doris Plewes in their contacts with the International Association of Physical Education and Sports for Girls and Women, which is holding its Fourth International Congress in Washington next August, will have names of delegates who will be an asset to your summer school programmes.

Mr. Ross Waters and his committee are actively working with engineers to develop climbing equipment and are making excellent strides. Some definite information will be released in the new year.

Mr. Lewis Smith has agreed to chair a committee on track and field facilities. A much needed brochure will be available by next summer to assist elementary school, secondary school and college people to develop more and better track facilities.

Mr. Ivor Wynne has dug in his heels and a Convention Committee is hard at work on the Convention to be held in the "Ambitious City" — Hamilton — next June 19-23. Mr. Jack Passmore has agreed to prepare a programme that will stimulate the membership even more than was the case in Edmonton in 1959.

Mr. Reg Blackstock, our Executive Secretary, was in Washington last week and has completed a special arrangement for distribution of A.A.H.P.E.R. publications through C.A.H.P.E.R.

Miss Nancy Cannon represented our Association at the Conference on Children held in Quebec in October. You can expect a report from Nancy.

Mr. Rae Speirs and Father Montpetit spent a day in Ottawa representing us at a meeting of the committee preparing for the Conference on Education in 1962.

Undergraduates in Health, Physical Education and Recreation across Canada should be congratulated on the rapid increase in student memberships.

These few examples must serve to indicate that we are rapidly outgrowing the inadequate assistance of a part-time executive secretary and part-time stenographer. Increased services and committee work can only be met by increased income. Your executive must cut the pattern to the cloth. In short, this is a direct plea to each member to introduce a new member and in addition to see that the school and local library take out a subscription to the Journal. We need memberships and subscriptions. Your positive action will encourage the hard-working volunteers to provide more and better services.

G. A. Wright

PHYSICAL EDUCATION IN ONTARIO

SPEECH TO THE DIRECTORS of the Canadian National Exhibition

By HONOURABLE JOHN P. ROBARTS
Minister of Education, Ontario

I am personally delighted to have been invited to attend on this Young Canada Day at the Exhibition. The youth and the training of the youth of our country is a matter of great concern to me personally and to my Department and, indeed, to the entire Government of the Province. Perhaps it would be not amiss if I were to outline to you very briefly some of the activities of the Department of Education in the field of physical fitness of our students and the training which we provide for the young people in leadership.

Apart from what is done in my Department, the Government of Ontario has wider, continuing interest in the fitness of all our people and this includes fitness in mind, body and spirit.

To assist us in translating this interest into positive action, the Government has appointed a Physical Fitness Study Committee in March of this year. This committee is studying what is being done in the whole field of physical fitness in Ontario and on completion of the study it will recommend to the Government a program which should embrace all of the people of the province. I do not know at what stage the committee has arrived although we do expect to receive the result of their deliberations sometime this fall. I do know that all members of this committee were carefully selected on the basis of the contribution that they could make to the research and to the recommendations to be made by the committee rather than on the basis of their affiliations.

Without in any way anticipating the recommendations, I feel sure that one of their main concerns will be to keep mental, moral and physical development in balance. My concept of fitness is much more than being able to play hockey well or to excel in running or push-ups. I believe our Government's concern is for fitness in its broadest sense and is a true expression of our goal to provide greater opportunities and positive incentives for all our people to develop more purposeful living and a zeal to serve.

The physical fitness of our children has been an objective of our physical and health education program for many years. I believe that educators, physiologists, and medical doctors recognize the fact that physical fitness should be achieved through a variety of activities rather than from a series of exercises which can be performed mechanically day after day. Thus the Department of Education has established courses of study in Physical Education which provide a wide variety of activities in which skills must be developed to the point where the participant is enjoying and benefiting from the activity. We believe that through Education the individual himself must learn how to maintain his own fitness when provided with the knowledge of his own physical shortcomings, his physical needs and his physical strengths.

I think it must be recognized that the push button age in which we are living at the moment leaves us without sufficient physical activity and at the same time our mechanical age is providing us with more leisure in which we must learn how to provide the activity so necessary for our physical needs. While education has a large and important role to play, we must not lose sight of the fact that the individual must accept responsibility and make the decisions which will be of most benefit to him. As a result of the constant study being made and with the realization of the necessity for increasing the activity content of our

courses of study, a new course of study in Physical Education for the primary division was released in 1956. In 1959, the revision of the program in the junior division was completed. Both of these new courses include a great variety of activities with the main emphasis placed on mass participation and vigorous activity. It is the plan of the Department to study the effect of these courses upon the pupils and to examine very closely the reaction of the children. With the benefit of the observations that can be made of these new courses, a complete revision of the courses for the Intermediate and Senior Divisions will be made by 1965 in order to meet the physical needs of children to the end of Grade 13. In addition, the Department has expanded Summer Courses in Physical and Health Education to meet the demands of teachers. Last year summer courses in this phase of education were given in London, Kingston, Hamilton, Guelph and Sault Ste. Marie. The courses as given to the children include organized team games, individual recreation and exercise such as track and field events and gymnastics, organized team play between classes and between schools, rhythmics as represented by dancing as well as academic lectures in health, cleanliness and hygiene.

Since 1948, the Department of Education has operated leadership courses at the Ontario Athletic Leadership Camp which is situated at Longford Mills, and the Ontario Camp Leadership Centre at Irondale, Ontario.

Both of these courses include considerable vigorous activity which not only develops the fitness of the participant but gives to him some insight into helping other students participate in and enjoy these activities.

To meet the increasing needs for our fitness program, we have purchased additional property at Longford Mills and the facilities are being improved and expanded so that the present capacity of the camp there will be doubled by 1964. This excellent site is being used to experiment with the various methods which will lead to the development of leadership through physical activity. The combination of vigorous activity, good food, and regular sleep provides the students with the opportunity to experience fitness in its broadest terms. When the boys and girls from Grade 11 who attend these camps return to their respective high schools they are then capable of making a positive contribution to a physical education program provided that they are given an opportunity to do so by their principals and teachers. We emphasize fitness in the courses that are given to them and we also develop the confidence of these young people and their ability to rely on their own resources.

In this last year we passed legislation permitting Boards of Education to provide opportunities for students to spend one or two weeks in an outdoor education program. We will be watching with great interest the experiment which is being conducted by the Toronto Board of Education this year in opening a Nature School on Toronto Island.

The Department of Education further has always encouraged a cadet program to be carried out in our schools. Last Saturday, I was privileged to attend the closing inspection of the Royal Canadian Army Cadets at Ipperwash and I had an opportunity of watching some 1,400 school boys of secondary school age carrying out activities which demanded indeed a very high level of physical fitness and a very high level of self-control and discipline. The emphasis in this summer camp is once again placed on physical fitness and leadership. The boys themselves all have opportunities not only to take and receive orders but also to give orders. This is a tremendous program and one of which we can all be very proud.

It might be of interest to you to know that the officials of the Department of Education have been very concerned with the health habits of children, particularly the eating habits of our teenagers. At the present time we have an inter-departmental committee composed of officials from the Department of Health and the Department of Education who are giving the whole question of eating habits a very close examination.

Finally, it is our intent and our aim to develop in our young people a sense of enjoyment of the great outdoors which is so close at hand in this Province. We do this by making grants to various non-profit camps and community recreation commissions in order to encourage them in their development of activities with a definite physical fitness content. We do hope that by encouraging outdoor activities we will de-

velop our people in a desire to use the many and extensive parks which are being developed by the Government in the increasing leisure time that our technical society seems to be producing for us.

In closing, Mr. President, may I once again say what a very great pleasure it has been for me to come and take some small part in your great program dedicated to the young people of our country. May I offer my congratulations to the representatives of all the youth organizations who are here today and assure them of the continued and active co-operation and support of the Department of Education of the Province of Ontario in the great work that is being done to develop the youth of our country and to ensure for them happy, productive and useful lives as members of the great Canadian community.

THE GROWTH OF RECREATION

The following is a part of the annual report of President George Kormos to the Society of Directors of Municipal Recreation of Ontario. The comments therein speak for themselves regarding the growth of recreation:

In the future we must let our voice be heard. We must find better ways of seeing that it is heard. We must start taking a stand on matters recreation-wise. Even now we should be giving the government our views on Physical Fitness. Have we actually gone to anyone and said, "Here are our views on physical fitness — Here are our recommendations on this subject. We are professional Recreation Directors who are vitally interested in this matter. We have given this matter careful study. We feel we have a contribution to make". If we did this I have no doubt that they would sit up and take notice. It is still not too late, if we are interested. I leave this to your good judgement.

Another field that we might take a look at is the field of standards in recreation. The lack of standards in our field was pointed out very clearly at one of the sessions at the recent National Recreation Association Congress. There are very few universal standards that have been proven over the years and that are being used in each of our towns and cities. Most of the standards we have accepted have come from the United States. Is it necessarily true that our standards should be the same as standards in the United States? Our climate is certainly different, our seasons are different, our people are different, our way of life is different; and yet we copy their standards. Are we prepared to take a look at standards and recommend what we think they should be, not by guesswork, but by research, survey, and study? Who is better qualified to do this in Ontario or perhaps in Canada than we? Think about these things, if you will. They are points we might well ponder.

To sum up the past year I feel it was a year of settling down, of sending our roots down deep and solid, of getting a good foothold for another move ahead. Progress usually takes the form of a move ahead and then a levelling off or a plateau, and then another move ahead. The levelling off period is just as important as the move ahead, because if you move ahead too fast and do not have a proper foothold you sometimes find that you slip back and perhaps a long way back. The Society had a spectacular growth in the past few years with the preparation and passing of Bill No. 30. We needed time to dig in and hold the gains we had made. We accomplished this very well and yet continued to grow.

What we need now is controlled growth. We can only attain this by good solid planning. I am prepared to support this sort of action wholeheartedly. I know that you will support your next Executive in any plan for the good of the Society. As we get into the business of this the 14th Annual Meeting let us not only think of routine business matters, but let us think and plan bigger things.

* * *

For a turtle to make progress, it must stick its neck out.

(from the Y.M.C.A. "Clipper")

PHYSICAL FITNESS IN BRITAIN

By HUGH NOBLE

It is very difficult, particularly in capsule form, to present a comprehensive picture of Physical Fitness in Britain—I am sure you are thoroughly familiar with the sporting traditions of that great country—Traditions, which, have unquestionably, contributed much to the virility of the country itself and to the genuine interest in all forms of physical activity.

It is apparent that what exists to-day is, at least in part, the result of a long historical process and traditions.

Physical Education, at least for the past half century, has enjoyed a very respected position in the curricula of the schools, both at the elementary and secondary level. It has been accepted by educators, parents and pupils as a fundamental responsibility of the school authority.

Mind you, programs, methods and disciplines have changed considerably over the past fifty years. You will still find places where the "British Syllabus of 1933" is very much in vogue—but whatever the program, it is accepted as an integrated part of the school's activities and receives enthusiastic response from all concerned.

This point must be made quite clear, that physical education in Britain is considered an essential part of general education. The main thread which stands and runs in bold relief throughout the whole program—be it at the elementary or secondary school level —for boys or for girls, is "activity". From pre school through secondary school, at home and on vacations "children", are encouraged to be physically active; and in this regard, both individual and group work seems to be the pattern followed in most schools to-day.

Interest, enthusiasm and belief in physical education is genuine. There is a generous amount of time allocated to this subject on the school timetable. There appears to be an abundance of small play equipment readily available. The provision of indoor and outdoor play areas and play equipment encourages both teachers and pupils to work to capacity.

The general attitude of the classroom teacher, as well as the physical education teacher, toward inservice training courses is most commendable. To this end, the local education authority and the Ministry of Education—and the National Sport Governing Bodies co-operate most enthusiastically in providing week-end and holiday courses as well as National and regional coaching and officiating clinics and ratings.

Almost at every turn one is conscious of the new influence on formal education—such as the increased interest in, and the promotion of, 'camping', both within and outside the school. The fact that local education authorities are empowered to provide facilities and instruction for the post-school child, in the fields of formal vocational education and recreational and social pursuits, further emphasizes the opportunities available for those who want to learn.

The status of education generally, as well as the position of the individual teacher, has gained public esteem through the practical philsophy that children should find interest and enjoyment in their education. The relationship between the teacher and the pupils, and the attitude of the children towards their teachers is friendly, wholesome and one of encouragement.

The foregoing, together with the professional attitude of the teachers and youth leaders does much to lay a solid foundation for the development of a fitness conscious youth and adult.

The British are building on their cherished traditions of love for sports and of the 'out of doors'. This coupled with a 'new look' in education generally, and a re-emphasis on physical fitness has adequately equipped the post school youth to further his zest for physical activity.

It is, perhaps, with this group that the most significant strides have taken place.

In the voluntary field of sport and physical recreation (in the past quarter century) tremendous things have been accomplished.

The C.C.P.R., and the national sport governing bodies are as concerned, and in many cases more concerned, about the unskilled and uninformed performers as they are about national and international competitors.

Throughout the country courses for beginners, as well as for the more advanced, are conducted in all forms of sport and recreation the year round. Many of the instructors giving these courses do so on a voluntary basis.

The co-operation among the Ministry of Education, the Local Education Authority and the national body concerned is excellent. These programs offer to young and old alike every opportunity to receive instruction and participate in almost any form of physical recreation of their choice.

The basic 'skills' are learned through the schools' broadened physical education program and the desire to continue some form of 'exercise' is later encouraged by the many offerings of the voluntary national organizations.

The C.C.P.R. is making an outstanding contribution to the recreational life of Britain. This council enjoys the co-operation and support of the local education authority and the Ministry of Education. As an organization it works with all other agencies interested in sport and recreation and competes with none.

The C.C.P.R. is representative of over 200 national bodies dealing solely with physical activity. Also represented on the council are many other national organizations ranging from church groups to national unions. The forty or so activities with which it is concerned offer fresh air and exercise to sedentary workers; encourage youngsters to develop their potentialities, to seek adventure and to learn to live and work with others; introduces people of all ages to skills which may give them life-long pleasure; foster the fuller use and appreciation of the countryside and guides into constructive channels the energies of those who seek self-expression through physical activity.

The C.C.P.R. is primarily a 'Service Organization' and as such it helps bodies concerned with games and sports, outdoor activities, dance and recreative physical training to train coaches and leaders, arrange demonstrations, provide coaching for performers, and form new clubs and branch associations. It assists youth organizations by drawing up schemes of work, judging competitions, finding leaders and coaches and arranging training courses and displays. It co-operates with local education authorities in the development of all types of indoor and outdoor physical activities as part of further education of young people. Advice is also given to industrial firms on the correct methods of lifting and handling, with a view to reducing strain, avoiding injuries and raising the level of physical efficiency and on the extension of their social and sports clubs. The information service offered by the C.C.P.R. is extensively used by individuals and organizations throughout the country.

In the past fifteen years the C.C.P.R. has opened four National Recreation Centres, two in England, one in Wales and one in Scotland. These 'recreation centres' are extensively used throughout the year for courses in the various forms of physical activity. At Lilleshall Hall, Shropshire, over 5,500 people enrolled in 166 different courses during the last year. At Bisham Abbey, Berkshire, 3,500 young men and women benefited from the 105 training courses, coaching holidays and other events held at the Centre during the year. The new Centre in Wales is called 'Plas y Brenin' and is located in the heart of the Snowdonis National Park. This Centre has accommodation for 50 students who will concentrate on walking, rock-climbing, mobile camping and canoeing.

The C.C.P.R. enjoys the fullest support and co-operation from all bodies interested in 'athletics' and 'recreation' and the work which is being done by this national body is to be highly praised.

There is little doubt but that the social reform which is taking place in Britain today is concerned with all children and all people and that the aim of physical education and physical recreation is to ensure, first and foremost, that everyone is encouraged to make the best use of his natural abilities and interests.

There is no doubt but that the British are

(*Continued on page* 32)

FREE CALISTHENICS —

OLYMPIC GYMNASTIC EVENT

By R. GLADISH, Head of Department of Physical Education
Central Technical School, Toronto

The pictures which illustrate this article were taken by Jerry Lev, a student in the photography course at Central Technical School, Toronto.

Following the London Olympics and gaining momentum after the Helsinki Games, American officials and gymnasts realized that if the United States teams were to excel in international competition, the European brand of tumbling must be adopted, among other things. The trend naturally spread to Canada and our immigrant strong-men became models for all to mimic. Canadian officials courageously began including the event in meets as an exhibition, then as an alternate, and finally in its true place as one of the six Olympic events. In spite of the mystery surrounding Free Calisthenics, it was just short of amazing how soon our young gymnasts mastered it.

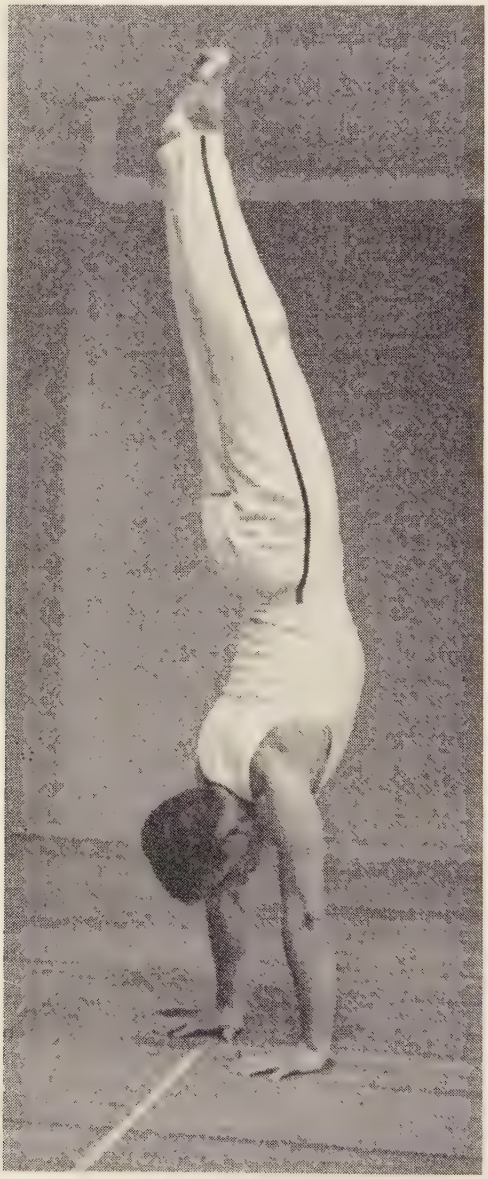
Tumbling is conducted on a sixty foot by five foot gym mat (or series of mats). Each contestant is allowed four routines which must be completed in a time limit of two minutes. Individual stunts, combined to form a routine, are springs and somersaults with their more difficult twists. The routines must exhibit speed, continuous movement, agility and control.

On the other hand Free Calisthenics is conducted in a floor area thirty-nine feet four inches square with a recommended clearance of six feet. The gymnast's routine has a time limit of from one to two minutes (women must finish by one and a half minutes). Chief elements are balance, agility, strength, flexibility, leaps and tumbling presented in rhythm and harmony. The entire area should be used and as few running steps as possible are desired. In the women's event the accent is on ballet movements, a feature that is understandable since it is universally performed to music. Girls are severely marked down by the judges if the music is allowed to become incidental. Their routine must make use of the entire body and contain artistic movements and jumps executed in a lively manner with balance and movement, be full of expression, elegance, individuality and originality. Naturally the women's exercise should exhibit femininity and men's masculinity and there should be no mixing of the two.

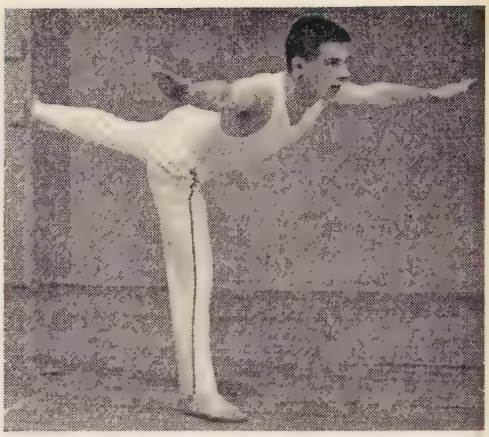
A tumbler can easily move into this event since roughly fifty percent of a routine is

A beautiful double elbow level by Joe Pipitone

composed of his stunts. However, care must be taken before moving him onto the bare floor to practice springs and somersaults. Some boys land with considerable force and hence may jar themselves. They must learn to land or roll lightly before moving onto the floor. The strange part of it all is that as soon as Americans learned to do this, the



Alex Pawlock performing the ideal hand balance



A front scale performed by Ben Andruszkiw

Europeans began using carpets or thin mats to cover the Free Calisthenics area.

If you wish to participate in this event, my advice is to move right in. Even with the little knowledge that you have, it is better to look at the problems from the inside than from the outside. Start by listing the stunts you or your gymnasts can do. Invent connecting movements so that there is a smooth flowing from one to another. It may be necessary to rearrange the stunts in order to accomplish this. If a routine is to consist of from eight to ten major parts and yet last from one to two minutes then there must be, of necessity, quite a few of these connections or parts of little value. Start and finish the routine with something eye-catching or dramatic. These are usually your best tumbling stunts. Your finish, however, could be a simple ballet leap.

Free Calisthenics is actually easier to perform than tumbling at the beginning level. There seem to be many more stunts than in tumbling and a gymnast has much more freedom to express his own personality. An apparatus specialist can formulate a routine almost as easy as a tumbler can. Granted that the latter's routine will be better, yet I have seen presentable exercises made up of nothing more difficult or varied than press hand balances, leg circles, scales, poses and leaps. At the senior level, however, a free calisthenics routine is more

difficult than a tumbling routine since the former embodies all of the latter's stunts, adds those of its own, and puts them together on the bare floor.

A routine should be written out, practiced, revised, and, when satisfactory, followed faithfully. Invent names of your own to aid communication between coach and pupils. When a superior stunt is mastered it may replace an elementary movement. It is surprising how easily a routine can be developed. A championship-calibre routine now requires practice and polish but that is true of any gymnastic event.

To fill in the picture, here is the Novice Compulsory Free Calisthenics Exercise from the 1960 A.A.U. of U.S. Gymnastics Handbook. Notice how precisely each stunt is described. For your purposes the routine could read: (1) Front roll, (2) straddle stand, (3) stiff-leg press to headbalance, etc.

1. From stand, raise to toe-stand, arms slightly backward; take two or three running steps and dive forward into forward roll to squat stand, and

2. Jump to a straddle position with arms extended sideward, palms down.

3. Place hands on floor and execute straight-leg straddled press-up to headstand, bring legs together and hold.

4. Duck head and execute forward roll to squat stand on left leg and immediately rise on left leg swinging right leg backward and circling arms down and sideward (palms down) to a horizontal scale on left leg, hold.

5. Execute one half turn to the right, raising arms upward, and charge forward with right leg (bent) placing hands on floor.

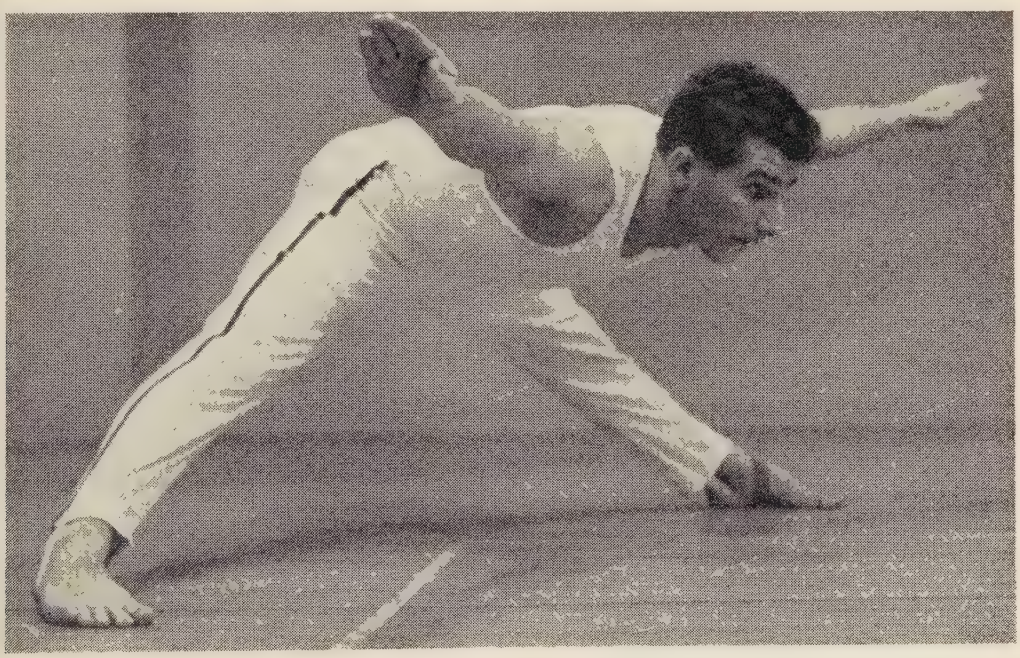
6. Execute full leg circle (clockwise) of left leg, then

7. Raise to a side scale on right leg extending right arm forward in line with the body and circling left arm forward and around to left (upper) side of body, hold.

8. Return to stand with arms extended upwards, palms in;

9. Lower arms back-downward, take two or three running steps and leap upward (from both feet) to straddle toe-touch and landing with bent legs, arms extended sideward. Rise to attention and retreat.

I regret that space does not allow a detailed description of the women's novice exercise. Those interested may purchase the Gymnastics Handbook for one dollar from the Amateur Athletic Union of the United States, 233 Broadway Ave., New York 7.



The low straddle stand by Alex Pawlock

SMOKING AND SPORTS

Comment by the National Federation S.H.S.A.A. (U.S.A.) in Cooperation with the American Medical Association

The best way to stop smoking is not to start. Young people need to know that once they begin smoking it is a stubborn habit to break. This is especially important for the athlete who wants to achieve peak performance.

According to the Committee on the Medical Aspects of Sports of the American Medical Association, it is unwise for a young man who has ambitions to excell in sports to begin smoking or to continue the habit if he has already started. The Committee noted that, while the effects of tobacco vary in different people, the following conclusions seem warranted:

1. That in smoking some carbon monoxide may be absorbed thereby reducing temporarily the oxygen-carrying power of the blood.
2. That habitual smoking when the stomach is empty tends to produce digestive disturbances and distress.
3. That habitual smoking sometimes leads to an irritable nervous system and that this reaction is more likely in young people.
4. That in certain persons the constricting effect of tobacco on the blood vessels may contribute to the development of circulatory disorders.
5. That habitual cigarette smoking with inhalation irritates the delicate membranes of the throat and lungs and may induce "cigarette cough" and render the throat more susceptible to infection.

The relation of the above factors to athletic participation is rather clear, the A.M.A. Committee said. Frequently the difference between winning and losing in athletics is a half stride, a fraction of a second, or a few inches. Although a particular athlete may not react perceptibly to smoking, its effect can make this difference. Even a champion athlete who smokes could be better if he were free of the habit.

Apart from athletic performance, there is the important matter of a possible connection between smoking and lung cancer and smoking and heart and blood vessel disease. Fact-finding bodies assert that there is an increasing body evidence indicating such a relationship. Young people who do not form the smoking habit or stop smoking before it becomes too stubborn need have no worry about this problem.

* * *

VILLAIN IN TOBACCO TAR STILL ELUSIVE

The chemical villain in tobacco tar which may be causing lung cancer in humans continues to elude one scientific detective who has been on his trail for three years. Now the detective is out after his accomplice.

Dr. George F. Wright of the University of Toronto Chemistry Department who has been doing research on tobacco tars with a grant from the National Cancer Institute of Canada, stated recently that . . . "Three years and $80,000 later we still haven't been able to isolate the fraction that is doing all the damage."

He pointed out that early in the experiments they were able to isolate . . . by painting the fractions on the shaved backs of mice . . . certain polynuclear hydro carbons in the tobacco tar which were carcinogenic. However, their effect didn't add up to the total effect of the tobacco tar and so, "there must be something else in there that's doing the damage," Dr. Wright says, "possibly a co-carcinogen."

Carcinogenic is the term used to designate a chemical as causing cancer. Co-carcinogenic describes a chemical that accentuates the action of the carcinogen but can't do the trick alone. In other words . . . an accomplice.

When Dr. Wright began his task of separating the fractions from tobacco tar and having them tested on the backs of mice for their cancer-causing action, the aim was to find the villainous chemical and remove it. "This we have not been able to do," Dr. Wright states.

The new task which he has set himself . . . that of finding a co-carcinogen is much more difficult to perform because, as he says, "We have so few leads." "Our work hasn't been wasted, of course, even though our results have been negative," he explains. "We have cleared the field for another approach."

LIABILITY INSURANCE

By GEORGE KORMOS, B.A., R.D.M.R.
Director of Recreation, Sudbury, Ontario
President Society of Directors of
Municipal Recreation of Ontario

The subject, Liability Insurance, has been given a great deal of study and discussion in the past two or three years, much more so than ever before. This is a topic which should certainly concern both the Municipal Director of Recreation and the Recreation authority. We are all aware of the value of insurance of all types. Every recreation department should have a comprehensive policy covering all phases of their recreation program. If you have not already checked, you should check immediately with your municipal clerk and your insurance agent to see if you have adequate coverage.

When you assume responsibility for a recreation program then you must also assume responsibility for seeing to it that this program is as safe as possible for the participants. You must also be prepared to assume the liability for an accident where negligence on your part or on the part of your staff is proven. Actually the municipality becomes liable and not the Recreation Committee, or any individual member of the Committee or staff. However, it is the responsibility of the Committee and the Staff to safeguard their recreation program from liability claims.

Reasons for Insuring

It was mentioned earlier that you should be prepared to assume the responsibility for accidents where negligence is involved. We need not elaborate on the benefits of insurance whether it be liability, life, automobile, or fire insurance. We must realize that a recreation program could be drastically affected by a substantial judgment. It may even be curtailed. This has been known to happen. An accident in one town can easily affect programs in other towns; and may even be felt across the nation. The collapse of the Arena roof in Listowel, a little more than a year ago, must still be clear enough in your mind to illustrate this point most dramatically. You must not only be concerned about areas directly under the control of your Committee, but also about any other areas that you might be using, whether these be leased, rented, or loaned without charge. You can be sued for accidents occurring in these areas.

It is not intended to create fear by pointing out these matters. I am merely trying to stress the fact that your program should be protected against a liability action in case of accident. It is not enough to post a few signs saying you will not assume responsibility for accidents, because such signs will not stand up in court.

What Coverage Should You Have?

1. Very Broad Coverage.

   (a) The following people should be covered—the municipal council, the recreation committee, all committee members, all employees both full-time and part-time.

   (b) All phases of the recreation program should be covered. All age groups

participating in the program should be covered. No activity should be excluded.

(c) A good policy will cover all sponsored activities no matter where they are held. Participants should be protected anywhere in Canada and the United States.

2. You should have adequate coverage at a premium rate that is in line with the limits named. Opinions differ as to what constitutes an adequate limit. A dependable insurance agent can best advise you in this regard. One reputable company stresses that adequate limits should not be less than $500,000 inclusive limits.

Limits on Liability

You should be guided by the following factors when setting the limits of liability.

1. A municipality is likely to be named for higher claims than a private individual.
2. There are high court costs attached to judgments.
3. Property damage can be extremely high if replacement is required.
4. The possibility of a number of people being injured in one accident.

Limits should be established on the basis of local conditions. A high average wage in a community requires higher maximum limits. Also it should be noted that the cost of additional limits is extremely small as compared to the charge for minimum limits.

The best safeguard against liability claims is well-organized and well-supervised programs under competent leaders.

* * *

PROVINCE OF ALBERTA

requires for the
Cultural Activities Branch
Department of the Provincial Secretary
EDMONTON, ALBERTA

COMMUNITY PROGRAMMES SUPERVISOR
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$5,220 - $6,540

DUTIES: Acts as Director of Leadership School for Athletics and Outdoor Education; gives technical guidance to communities; other related duties.

COMMUNITY PROGRAMMES CONSULTANT
$4,500 - $5,700

DUTIES: Acts in an assigned area to give technical guidance to the community on all phases of developing athletics, arts, crafts, drama, music; other related duties.

QUALIFICATIONS: (for both positions) University graduation and related experience.

For full details and application forms, apply immediately to the Personnel Administration Office, 404 Legislative Building, Edmonton, Alberta.

1959 CAHPER CONVENTION PROCEEDINGS

Copies of the proceedings of the 1959 CAHPER CONVENTION are available to members for $1.25 per copy.

This excellent report was prepared by the Edmonton Branch and contains the many fine papers presented at the convention. The report contains a wealth of resource material. All schools of Physical and Health Education and Recreation should have several copies for student reference. It is in effect a progress report of the three fields of our profession up to 1959.

The Edmonton Branch has a financial commitment. You need the information. Please forward your orders directly to Dr. Donald Smith, School of Physical Education, University of Alberta, Edmonton, Alberta.

* * *

CANADIAN LEGION SPORTS TRAINING PLAN

The Canadian Legion Sport Training Plan operated again this year in connection with the Canadian National Exhibition.

This plan brings in outstanding athletes and coaches from across Canada for a ten-day period of training in track and field athletics. The 105 athletes lived at St. Michael's College and trained at Varsity Stadium between August 17th and 27th.

About 90% of the Canadian athletes at the last Pan-American games had attended this clinic. This year, four Canadian records were broken and one new record established by these athletes at their meet in Toronto.

This past summer the Canadian Legion Sport Training Plan was coordinated by Mr. Jerry Love, Assistant Director of Recreation, Township of Toronto; and was under the general direction of Mr. George Duthie, Sports Manager of the C.N.E.

WORLD YMCA CONSULTATION
on
HEALTH AND PHYSICAL EDUCATION

By J. W. McVICAR
Canadian Physical Education Secretary, YMCA

The YMCA held its 5th World Consultation in Rome as the curtain came down on the 17th Olympiad. Previous Consultations were held, also, in conjunction with the Olympics at Berlin '36, London '48, Helsinki '52, and Melbourne '56.

The reason for holding the Conference at this time is fairly obvious and 70 representatives from 19 countries attended. In general the purpose is to provide the opportunity for widely separate movements to get to know one another, to share problems and ideas and to develop a sense of unity and direction in the total 'Y' program of health and physical education.

The consultative aspects of conferencing were emphasized and we were fortunate in having rich resources and also ample time and opportunity to tap these sources. Following plenary presentations we divided into 5 discussion groups and the one which I had the pleasure of chairing included as

STUDY GROUP 1—

Dr. A. H. Steinhaus, U.S.A. (Resource); Harvey Bryden, New Zealand; F. Lokko, Liberia; G. Shirayama, Japan; Dr. H. T. Friermood, U.S.A. (Resource); J. W. McVicar, Canada (Chair.); Ron Howe, England (Secty.); Cliff Drury, U.S.A.; W. Hakanson, U.S.A.; Karl Pietila, Finland; Karl Keyler, Germany. (*Absent*: Heinz Strobach, Switzerland; Mal Whitfield, Liberia).

experts: Dr. A. H. Steinhaus, dean of George Williams College; Dr. F. T. Friermood, U.S. National Secretary for Physical Education; Dave Stubbs, President of the YMCA Physical Education Society of North America; Walter Hakanson, President of the Fellows in YMCA Physical Education; Mal Whitfield, former Gold Medallist of previous Olympic games; and others.

Lay as well as professional people attended with the Japanese group, alerted to their responsibilities for the 1964 games.

As a result of the Conference it is hoped a World's Alliance Dept. of Physical Education, plus library, will materialize at Geneva, Switzerland, and that this office will gather, interpret and disperse vital information on health and Physical Education subjects as produced from research around the world. (Much of the foreign language research is not readily available). Further, this library or office would receive lists from all National Councils of current publications on Health, Physical Education, and Recreation.

One thing a World Director of Physical Education could do would be to consider a World Fitness Plan.

A 1962 planning meeting is scheduled in anticipation of 1964 (Tokyo) and in 1965 it is planned to make Physical Education a major item of business when the World's Alliance will be holding a general session.

Attending this meeting was a rich experience, particularly in meeting many dedicated laymen and secretaries who are accomplishing the "mostest with the leastest", but getting it done because they know theirs is a job worth doing.

Latest Mortality Statistics for Cancer from the Canadian Cancer Society

For the first time since cancer statistics have been kept, cancer of the lung has taken over from stomach cancer as the leading cancer killer in men, according to figures released by the Canadian Cancer Society today.

The cancer mortality figures for 1958 . . . the last year for which complete statistics are available . . . show that during the year 1,972 Canadian males and 291 females died from cancer of the lung, while cancer of the stomach deaths were 1,925 males and 972 females.

In all previous years cancer of the stomach has been the most fatal form of the disease in men. 1957 showed 1929 male deaths due to cancer of the stomach and 1849 due to cancer of the lung. Thus, while stomach deaths actually decreased by four, lung deaths increased by 76.

Cancer of the breast still accounts for more female deaths than cancer from any other site, the 1958 figures show. 1933 deaths in 1958 as compared to 1914 the previous year. Allowing for increased population this is not a significant increase.

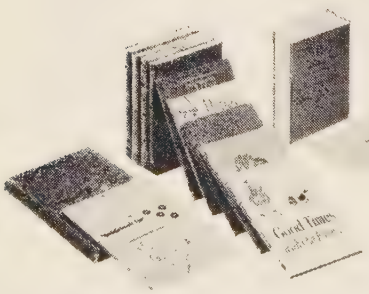
Leukemia showed the greatest overall increase of any form of cancer . . . from a total of 890 (male and female) in 1957 to 1060 in 1958.

Total deaths from cancer and benign tumors (294) for the year were 22,089, the

(Continued on page 23)

FOR GRADES 1-8 . . . .

HEALTH AND PERSONAL DEVELOPMENT PROGRAM CURRICULUM FOUNDATION SERIES



Ten books on children's everyday home and school experiences provide a nicely balanced program of health, safety, and personal development. Accompanying Teacher's Guidebooks offer lesson plans and ideas for parent co-operation. Send for list to:

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Box 550 Scarborough, Ontario

SPORT AND THE COMMUNITY

THE REPORT OF THE WOLFENDEN COMMITTEE
ON SPORT 1960
Published by the Central Council of Physical Recreation for Great Britain

Summary of Conclusions and Recommendations

Extracts which may be of interest to our members:

Chapter 3 — Some Special Factors and Problems Examined.

(a) 'THE GAP'

1. The Albemarle Committee's recommendations about the place physical recreation should occupy in the whole Youth Service field are endorsed. (Paragraph 56)

2. There should be a much clearer and more effective linking up between the Youth Service, statutory and voluntary, on the one hand, and the bodies responsible for games, sports, and outdoor activities on the other. (Paragraphs 56 and 62)

3. There should be more recognition on the part of youth leaders of the value of participation in single activities. (Paragraph 57)

4. More time should be found in training courses for youth leaders, for some instruction in and fuller information about sports and activities which for many young people constitute a major interest. (Paragraph 57)

5. More should be done to ensure that young people in their last months at school and their first months at work are well informed about the opportunities open to them in the field of sport. (Paragraph 60)

(b) FACILITIES

6. More should be done by local authorities to provide sites for light-weight camping, and by local authorities and local education authorities to provide cheap and simple accommodation in the wilder countryside. (Paragraph 66)

7. A sustained educational campaign is needed in the schools, and above all in the homes, to make good country behaviour a settled habit. (Paragraph 67)

8. Dual use of playing field facilities could be more widespread, given local co-operation and simple organization. (Paragraph 72)

9. Provision for women's team games is less adequate than for men's. (Paragraph 77)

10. More swimming baths are urgently needed. As a general rule this provision should be indoor. (Paragraph 79)

11. The most serious shortage of facilities is that for indoor games and sports. This can only be met by the action of local authorities or local education authorities. The erection of large 'barns' would provide for many needs. (Paragraphs 80-48)

12. The establishment of experimental multi-sports centres is recommended. The initiative in establishing them must come in the main from local authorities and local education authorities. (Paragraphs 88-89)

(c) COACHING

13. Coaching opportunities in this country

(Continued on page 34)

Copies of this report in its entirely may be procured from The United Kingdom Information Office, Adelaide Street, Toronto.

CAHPER HONOUR AWARDS

In this issue of the Journal a nomination form for the Honour Award of our Association has been included for your convenience. In accordance with the Constitution, a "Committee on Honour Awards for Distinguished Service in Health, Physical Education, and Recreation" has been formed to consider the nominations which are sent it.

The following excerpts from the Operating Code of that Committee will indicate the nature of the Awards and the procedure to be followed in nominating candidates for these Awards:

1. Qualifications for Candidate for the Honour Award

   (a) The candidate shall be at least thirty-five years of age, and shall have had at least ten years as a teacher, supervisor or director, or a combination of these in the field of health, physical education or recreation.

   (b) The candidate shall have performed distinguished, meritorious and special service as a mature leader in his field in Canada.

2. Number of Awards
   Beginning in 1952, the number of awards shall be limited to three, one from each of the professional fields served by the Association, namely; Health Education, Physical Education and Recreation.
   In 1948 and 1950, in order to initiate the Awards, a large number were given.
   At the 1960 Representative Council Meeting the following motion was carried:

   "The Chairman of the Awards Committee shall not be limited to only one award in each of the three fields provided the total number of awards will not exceed five (5) in any one Biennial Convention."

3. Nomination Procedure
   (a) All members of the Association are entitled to nominate persons for the award providing that they obtain the endorsation of two other members.
   (b) Each Branch shall actively encourage its members to use the nomination privilege as individuals but no nomination will be made by the Branch Executive as such.
   (c) A notice requesting nominations from the general membership shall be inserted in the Association's Official Publication ten months prior to the Biennial Convention.

The following persons have been honoured by our Association:

1948 — In Montreal
*Dr. A. S. Lamb, Montreal
Dr. Doris Plewes, Ottawa
C. R. Blackstock, Newmarket
*Mr. Crocker, London
*Ethelmary Cartwright

1950 — In Vancouver
*Silas Armstrong, Toronto, Recreation
Morris Bruker, Montreal
E. W. Griffiths, Saskatoon
*Robert Jarman, Winnipeg, Physical Ed.
Jack G. Lang, Montreal, Physical Ed.
Joseph H. Ross, Alberta
Florence A. Somers, Toronto

1952 — In Toronto
Oscar Pearson, Toronto, Recreation
Dr. Jules Gilbert, Montreal, Health
*Wray Youmans, Winnipeg, Physical Ed.

1955 — In Winnipeg
Mary Barker, Toronto Health Education
Alph Dulude, Ottawa, Recreation
Iveagh Munro, Montreal, Physical Ed.

1957 — In Halifax
*Capt. Bowie, Montreal, Recreation
Cecile Grenier, Montreal, Physical Ed.
Alberta Hastie, Edmonton, Health Ed.

1959 — In Edmonton
Rev. Father M. Montpetit, Quebec, Physical Ed.
Rae Speirs, Toronto, Health
(*deceased)

Your cooperation is requested in submitting the names of others who in your opinion, would be worthy additions to this select company.

To receive consideration, nominations must be sent to Mr. Rae Speirs, Chairman, Honour Awards Committee, 155 College Street, Toronto 2B, Ontario, prior to April 15, 1961.

NOMINATIONS FOR CAHPER HONOUR AWARDS

to be submitted by April 15, 1961 to the Chairman, CAHPER Honour Awards Committee, Mr. N. R. Speirs, 155 College Street, Toronto 2B, Ontario (detach this page and forward)

Name of nominee:

Date and Place of Birth:

Citizenship:

Education (including degrees, scholarships, prizes, etc.):

Professional Training:

Experience:

Offices Held:

Affiliations and Membership:

Honours Received:

Other Professional Contribution:

Nominated by:

Endorsed by:

Endorsed by:

THE NEW BRUNSWICK LEGION P.F.S.E. PROGRAMME

By STANLEY T. SPICER

During the school year 1959-60 the New Brunswick Command of the Canadian Legion inaugurated its Physical Fitness and Sports Efficiency Programme. It gives every indication of being one of the most important, positive factors in the over-all provincial physical education and recreation programme.

The P.F.S.E. programme has a number of components. The basic programme is designed to encourage participation by as many boys and girls as possible in activities which will improve physical fitness and sports efficiency. It accomplishes this through a three-level programme of testing and required sports participation. At Level I the Kraus-Weber Tests are used, at Level II the U.N.B. Physical Fitness Tests (which were prepared for this purpose) are administered while the third level utilizes the Canadian Physical Efficiency Tests. At each level the child must not only pass the required tests but also prove regular participation in some sport whether it be swimming, track or one of the team games. Suitable awards in the form of crests provided by the Legion are presented to children successful at each level. Testing at Levels I and II is carried out by district testing teams composed of Legion personnel trained for this purpose by members of the provincial Fitness Branch. The C.P.E. Tests at Level III will be administered under the direct supervision of the Fitness Branch.

Another important aspect of the P.F.S.E. programme is the Legion Summer Camp which will get underway in 1961. Tentatively it will involve a ten-day camp for boys and a ten-day camp for girls. Those attending will be selected on the basis of such factors as academic standing, leadership qualities and participation in the P.F.S.E. programme. The curriculum will be largely based on athletics and will be designed to provide skills and knowledge useful to these people on their return to school and community. As such it will resemble, in some ways, the Ontario Athletic Leadership Camp.

Other parts of the programme include Legion scholarships for students interested in physical education as a career and various forms of assistance to individual school and community sports programmes. These are local in nature and optional with the Legion Branch concerned.

The events during the first year, while far from conclusive, offer many interesting points for evaluation.

- In excess of 7,700 school boys and girls have begun participation in the basic programme.
- The interest of parents and children in fitness and physical education has been stimulated as by no other single project.
- Track and field—the first sport to receive concentrated attention under this programme—is enjoying a strong revival. Six zone meets and a provincial meet have been added to the track and field calendar—new tracks are being constructed—18 athletes from Saint John competed at St. Lambert's, Quebec due to Legion assistance. As far as other sports are concerned, various local Legion branches are assisting in such sports as baseball, basketball and hockey.
- The co-operative efforts between physical education teachers and Legion branches has been most encouraging. In essence the P.F.S.E. programme is not a programme at all but a method of encouraging and motivating greater participation by young people in wholesome physical

activities and in rewarding successful effort. Physical education teachers, coaches and leaders are recognizing it as such.

On the other side of the picture, the fact that testing on Levels I and II is conducted by a comparatively large number of testing teams would remove the results from the area of being scientifically valid. However, the fact that the C.P.E. tests will be administered directly by the provincial Fitness Branch will mean that their results will have statistical use due to the more rigid controls possible. Then too, not all of the eighty-three local Legion branches are yet participating—especially some smaller branches in rural areas where the need is greatest. However, indications are that this number of participating branches will increase annually.

The closest possible co-operation exists between the provincial Legion committee and the provincial Fitness Branch. The Legion committee consists of the chairmen of eight district sub-committees under chairman, Ronald E. MacBeath who is currently President of the provincial Command. Mr. MacBeath has devoted a great deal of time and effort in mobilizing Legion forces and resources in a programme which gives every indication of playing a major role in improving the level of fitness among the boys and girls of New Brunswick.

* * *

CANCER—(Continued from Page 18)
highest in Canada's history and an increase of 350 over the previous year.

Commenting on the 1958 statistics, Dr. R. M. Taylor, executive vice-president of the Canadian Cancer Society, stated that . . . "Until new treatments for cancer are developed it appears that we can expect a gradual increase in the toll from cancer each year. The education programme of the Canadian Cancer Society is assisting in the control of cancer of certain accessible sites . . . such as skin (now one hundred percent curable) uterus, breast, lip, tongue and mouth by encouraging more and more people to quickly take advantage of the improved treatment facilities now available. However, the basic problem still remains to find an overall cure and means of prevention for cancer. For this reason the Society is allotting more and more of its funds to the cancer research programme of the National Cancer Institute of Canada."

CAHPER NATIONAL CONVENTION JUNE 19-23, 1961

The executive wish to announce that the 1961 CAHPER National Convention will be held June 19-23 at McMaster University in Hamilton, Ontario.

Mr. Ivor Wynne, Director of Athletics at McMaster University has been appointed convention chairman and has offered the excellent facilities of his university for our comfort and convenience. Details regarding programme, accommodation, etc. will be published in subsequent issues of the Journal.

Mr. Wynne's committees are already hard at work. If you have any suggestions for programme topics, etc. please forward same immediately.

The preliminary plans for the 1961 convention are well under way and present stimulating and, indeed, exciting prospects.

Make your plans now to be in Hamilton June 19 to 23 for the 1961 CAHPER Convention.

* * *

ATTENTION CAHPER COMMITTEE CHAIRMEN

1961 is Convention year. It is important that we have at the National office the following:

1. A list of all committee members.
2. The title of any and all projects presently under way.

Please begin gathering materials for reports now in preparation for presentation at the Convention. Four copies of the reports should be forwarded to the Executive Secretary. They should be typed—double space.

C. R. Blackstock,
Executive Secretary.

ELIGIBILITY FOR PROFESSIONAL REGISTRATION

(Suggested Standards)

Eligibility for Professional Registration

The minimum eligibility requirements for professional registration up to September 1963 will be:

—active national membership in C.A.H.-P.E.R. for at least two years and evidence of successful full-time employment for at least five consecutive years.

After September 1963 and up to 1967, the requirements will be as outlined below:

HEALTH

1. A degree in Health Education plus one year's successful employment plus one year's national active membership.

OR 2. A degree in Arts or Sciences plus one year professional training plus one year national and active membership plus one year successful employment.

OR 3. A registered nurse engaged in public health nursing holding a Diploma in Public Health Nursing from a recognized University plus one year successful employment who has become an active member of the association.

OR 4. A medical doctor, or a Dentist who has become an active member of the association.

PHYSICAL EDUCATION

1. A degree in Physical Education plus one year's successful employment plus one year's national active membership.

OR 2. A degree in Arts or Sciences plus one year professional training plus one year national and active membership plus one year successful employment.

OR 3. A diploma from a three year professional school in the United Kingdom or France approved by the Ministry of Education in the country concerned, plus one year successful employment in Canada, plus one year national active membership.

OR 4. A registered practising physiotherapist who has become an active member of the association.

OR 5. A degree in physiology plus current active membership in the association.

RECREATION

1. A degree in Recreation plus one year's successful employment plus one year's national active membership.

OR 2. A degree in Arts or Sciences plus one year professional training plus one year national and active membership plus one year successful employment.

OR 3. Provincial Certification (whose standards are at least equivalent to 2 years professional training at the college level) plus senior matriculation plus four years successful employment after certification plus two years national active membership.

OR 4. A degree in Sociology, Anthropology, Social Work, Art or Music plus current active membership in the association.

* * *

"A sound and comprehensive programme of physical education will be a stimulus and not a deterrent to greater academic achievement.".

—"Vancouver Committee Report"

* * *

McMASTER UNIVERSITY

Department of

University Extension

offers the degree

Bachelor of Physical Education

The following courses will be offered in the 1960-61 Winter Session:

P.E. 5a3 — Human Anatomy and Kinesiology.

P.E. 5e6 — Organization & Administration of Physical Education.

These courses will be offered both at Hamilton and Oakville (Thomas A. Blakelock High School) on Monday evenings commencing September 19th.

Write or phone the Director of Extension, McMaster University, Hamilton, Ontario, for Extension Department Calendar which outlines completely the work of the Department.

Phone JAckson 9-7101

MAN BESIEGED IN AN OVERPOPULATED WORLD

From "World Health", Sept.-Oct., 1960

There are 2,000,000 mental patients in Europe. More than a third of all hospital beds are beds for mental patients. Those are the brute facts.

Only a short time ago the classic task of hygiene, the control and prevention of communicable diseases, dominated the scene to the practical exclusion of all others. It was indeed imperative to fight first of all the big epidemic diseases. Fortunately, however, this battle has been so successful that some of these killing and crippling diseases are now likely to disappear completely. As a consequence, more energy can now be devoted to other mass diseases.

No other area of preventive medicine has a better claim on the interest of the public health administrations than mental hygiene. Mental ill health is widespread, and it is costly both because of the absenteeism it causes and the treatment it entails.

The number of people who need psychiatric care is apparently growing in most countries. This is, perhaps, not wholly due to an increase of mental ill-health, but may arise, from the growing difficulties that beset human existence in an increasingly overpopulated world. Socially deviant behaviour occurs among people who, in less stressful circumstances, might have been able to achieve adjustment.

The goal of public health work in respect of mass diseases is two-fold: control and prevention. The measures of control are often curative and it is not surprising, therefore, that public health administrations usually tend first to develop new and better treatment facilities. In mental health, such development is very hopeful, because modern psychiatry has made so much progress that at present practically all forms of mental disorder are accessible to therapy along physiological, psychological or sociological lines. Further, an increasing proportion of psychiatric cases can now be successfully treated without lengthy hospitalization in closed establishments. At Graylingwell Hospital in the United Kingdom for example, the provision of an outpatient department, a day hospital and a domiciliary service led to a reduction of hospital admissions by more than half. In the psychiatric hospital of Ville-Evrard in France, the average length of stay of patients was reduced by nearly seventy per cent between 1948 and 1956. Similar results have been obtained in other European countries.

There can be no hope of stemming the flood of mental disorder which everywhere rises so dangerously unless at least some of the thousands of small sources which feed it are stopped. This implies that many people in many professions must collaborate with psychiatric personnel. For example, general nurses and general physicians are needed who are capable of dealing with mental health risks before damage is done. Health administrators also need to become more conscious of the enormous influence which their work has on the mental health of the community.

Unfortunately, knowledge about the causes of mental *health* is much less than knowledge of the causes of mental *ill-health*. A good deal is known about the reason and mechanisms of personality break-down, but precious little about the factors which make for personality strength. The conclusion is obvious; mental health research needs to be vigorously stepped up.

Man probably has the best chance of being mentally healthy if he develops and lives in a milieu which provides appropriate proportions of freedom and security. Too much freedom is likely to provoke anxiety:

most people need the feeling of being protected which goes with some sort of limitation. Too much security is hardly less likely to produce anxiety: a wall that overprotects tends to remind us of a forbidding prison wall.

The social evolution of the last century has given man many new freedoms and many new securities, but it has also deprived him of certain protections and liberties of the past. We have perhaps exchanged personal dependencies and trusts for rather impersonal ones, and it would seem that nothing is more necessary for good mental health than the safeguarding of a personalized existence against too complete and too hasty a process of "de-personalization".

Obviously, this is not a purely medical task. People in all walks of life must cooperate: in the first place parents, but also teachers, the clergy, employers, trade union leaders, government officials and many others. Moreover, the special skills of psychologists and social scientists must be used in order to do a good job.

However, the main agents of mental health care must be nurses and doctors, and amongst the latter particularly the general practitioners and those officially in public health work. No other groups are better placed to allay the anxieties which arise from the impersonal anonymity of society's interference with the individiual.

The most important task in the mental health field is that of teaching non-psychiatric nurses and physicians the principles and techniques of psychological medicine. People's commonsense psychology is no longer enough. The really "general" practitioner is one who is just as able to deal with the mind as with the body of patients, and this goes as much for the practitioner who looks after the well-being of people from a public health point of view as for those who care directly for individual patients: psychiatry should no longer be a speciality of so-called alienists, but one of the central constituents of the personalized medical science of the future.

* * *

FROM A NEW SOURCE

Dr. Ray Graham, Director of Special Education for Illinois, speaking to the annual conference of the Ontario Federation of Chapters of the International Council for Exceptional Children said that in the early education of bright children the phases to be dealt with in order should be physical fitness, then social adjustment, emotional stability, spiritual welfare, and finally mental alertness.

CORRECTION

In the September-October issue of the Journal credit for authorship of the article "Research Report for the University of British Columbia" was given to Dr. Max Howell. Credit should have read Dr. Howell and Mr. Robt. Morford.

The Editor

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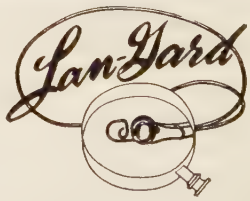

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RESEARCH — A PRIMARY NEED

By EARLE F. ZEIGLER, Ph.D.

THIS ARTICLE APPEARED IN "RECREATION", OCTOBER, 1960

"Before recreation has the right to call itself a true profession, it needs a much stronger body of organized knowledge based on research. Despite the phenomenal progress of the recreation profession in recent years, there is still a primary need for an organized body of knowledge based on legitimate research.

If it is true that a profession needs an organized body of knowledge based on research, the answer appears to be simple — go out and get it! This raises several most difficult questions. Who goes? Who sends them? Where do they go? What are they after? How do they get it? What do they do with it then? Where do we stand?

Who Goes? We need intelligent men and women with curiosity and imagination. They will need sound health, keen observation powers, devotion, patience, retentive memories, and innumerable competencies, such as knowledge of various research techniques and the ability to write clearly. Naturally, we realize there will be relatively few research workers within the recreation profession in proportion to the total number of men and women within the field. But we cannot escape the fact that the discovery, development, and retention of such individuals will ultimately directly influence the success of our field and its efforts.

Who sends them? If sound recreation is as important to people as we believe it is, then it is up to universities, government agencies, and private foundations to finance this research with gradually increasing appropriations.

Where do they go? In addition to any research conducted by professional recreation researchers who may be at work in universities, government agencies, and private foundations, we must seek help and coordination of effort from such fields as anthropology, economics, education, history, philosophy, psychology, sociology, physical education, physiology, gerontology, and law.

What Are They After? Although recreation and the use of leisure are most fruitful areas for research, the area shows a variability and complexity which will force the individual researcher to specialize. What are the sorts of things we need to know? A few suggestions follow:

- What should be the role of the voluntary agency in recreation?
- What is the relationship between people's needs and their recreation interests?
- Can we develop a formula to guide long-range planning?
- What methods of financing programs are most effective?
- What is the best way to conduct a recreation survey?
- What is the relationship between recreation participation and mental health?
- Is the park-school movement worthwhile as presently constituted?
- What contributions are interagency councils for recreation making at the state level?

How Do They Get It? We will not get the answers from master's and doctoral candidates working on theses, although occasionally some of these efforts do represent

worthy contributions. In the main, however, they are gathering dust on library shelves, although Harrison Clarke's Microcard Project at the University of Oregon has helped disseminate results of these studies and deserves increased support.

Despite the need for intensive specialization on the part of individuals, we should encourage a broad approach from the standpoint of the entire field. Historical and philosophical studies are needed every bit as much as surveys depicting present status of one sort or another. Although the experimental method is receiving increased emphasis in physical education, its use is just about unknown in recreation.

What Do They Do With It Then? They write it up as clearly and interestingly as possible and figure out some way to get published so that practitioners can use it. This places a responsibility on the people in the field to be professionally alert and informed. Only through experimentation with research findings can we tell whether they will be useful and practical. Of course, much research effort will not be in such form that it can be used the next day. However, this does not mean it will not serve to round out the body of organized knowledge that recreation needs to become a full-fledged profession.

Where Do We Stand? Although some studies have been made in recreation research, it has lagged far behind many other fields. We have many able administrators, but, generally speaking, they do not have the time for research. The bulk of our research simply cannot and should not come from this source.

The National Recreation Association is doing much in this area; but help is needed from universities, government agencies, and private foundations. There are some encouraging signs from the universities. The University of Oregon, for example, has inaugurated as one of its functions The Institute of Recreational Research and Community Service. This offers consultation, studies, and appraisals of community recreation needs and research projects as the needs arise. Similarly, the University of Illinois has established a consultative service. It seems feasible that such services should be available within each state either from a major state university or from a government agency. In Michigan, for example, the executive secretary of the Inter Agency Council for Recreation serves many communities as a consultant during the course of the year. In this connection he works very closely with the district representative of the National Recreation Association.

The Need for More Research. What is needed of course, is more research and coordination of research efforts. At the present time it does not appear that any university is ready to hire a person who could devote the large share of his time to research in recreation. Private foundations are certainly worth considering as sources of financial aid for future research projects as the public becomes increasingly aware of the values recreation holds.

Research in recreation is not keeping pace with developments in the rest of the field. Such a trend is indeed alarming. The future of our society will depend increasingly upon the provision of sound recreation for our citizens of all ages. Historical research, philosophical research, survey research, and experimental research can point the way. This gap must be filled!

* * *

HOW TO SPOT A QUACK

(*from C.A.R. SCOPE, April, 1960*)

For 50 years the American Medical Association's Bureau of Investigation has acted as a clearing house of information about quacks and their methods of operation. Here's their rule of thumb for spotting a quack.

Beware:

If a "medical expert" uses a special "secret" machine or formula he claims can cure disease.

If he guarantees a quick cure.

If he advertises or uses case histories and testimonials to promote his cure.

If he claims medical men are persecuting him or afraid of his competition.

If he tells you that surgery, x-rays, or drugs will cause more harm than good.

AGE AND PHYSICAL DEVELOPMENT

By G. A. LIFE

At what age is physical development no longer possible?

The above question was asked us recently and it brought some searching to try to discover an answer. Of course there are generalizations made on the matter, but examination, as usual, shows that the subject is more complicated than it appears at the outset.

The conclusion of biologists is that the aging process starts at birth and we associate this process with deterioration. However, this association must be modified by the fact that the process of maturing is one of development and, therefore, might be classed as a time of building rather than deterioration. As the maturation process is pretty well through at the age of twenty-five, we might conclude that we go down hill physically from that age; however, this does not apply in sports that require endurance. Marathon runners seem to get really started in their late twenties and thirties. Jimmie Peters, the world record holder hit his peak between 33 and 35, and Arthur Newton, the holder of most records for distances over 50 miles, started his career as a runner at 41 years of age and was still a star at 55.

These are, of course, unusual examples of men who trained seriously. The picture is different for the average man. It would appear that the average male or female in our society starts on the physical downgrade in his early twenties. This is directly related to a lessening of physical activities and to the acquisition of living habits that speed the decline. With the onset of a lower physical ability comes the search for some magic 'delaying gadget' that will stem the tide of the years. The present sale of vibrating gadgets stands as a monument to this surrender.

But the early deterioration of the average citizen should not be our consideration. What about women who have kept their figures, vital personalities, and beauty into the seventies and men who can 'keep up with the young fellows' to advanced ages? For instance, Billy Burke, the screen actress, always amazed us until we found that she was an ardent exerciser. After sixty she was still doing forward and backward rolls as part of her morning workout.

Dr. Cureton reports on one man who improved his fitness test score through training for two years from 66 to 68 years of age. John Y. Smith, of Boston, grew discontented with his condition on his 50th birthday. He trained with weights for ten years and in his 61st year won the Boston Post weightlifting contest for the title 'Strongest Man in New England'.

At what age is physical development no longer possible? Current reports of experiments lead us to conclude that there is no exact limit. Accident, emotional stresses, disease, and similar factors enter into human experience and place limiting factors on the individual. But physically we see no age barrier to physical improvement.

If a woman of 92 can recover fully the use of a broken limb then it is reasonable to conclude that her muscles could be developed further at that age. It would appear that physical development is possible as long as one is alive. (It is accepted here that we are discussing healthy bodies.)

It would appear then that how rapidly you deteriorate is related to your activity and, therefore, whether you are old before your time is up to you.

About the author:

During his six years as Physical and Health Director at the Toronto Y.M.H.A. Mr. G. A. (Bert) Life published a monthly "Health Bulletin". Mr. Life has recently joined the Toronto Board of Education and is teaching at Eastern School of Commerce.

IS ARTHRITIS CAUSED BY CALCIUM IN THE JOINTS?

(from C.A.R. SCOPE, April, 1960)

No. There are many kinds of arthritis, but most are due either to inflammation of the structures that make up the joint, or to destructive changes which interfere with the stability or the smooth function of the joint, or sometimes to a combination of these.

Calcium salts are deposited in the body in two main forms. The great majority is in bone, which is a highly organized, live tissue, containing many vital constituents besides calcium, and with a distinctive structure.

Calcium may also settle into some tissues undergoing degeneration, and is commonly seen, for example, in old scars of tuberculoses.

Similarly, when tendons and ligaments fray with age they undergo degenerative changes which may attract deposits of calcium in them. This is most commonly seen about the shoulder joint, where certain tendons are particularly vulnerable because of the very free range of motion in this joint. As the rough fibres of the tendons degenerate, fluid and cement substances accumulate in the injured area, causing swelling, increased tension and pain. The inflammatory reaction usually involves the slippery double membrane (bursa) that allows the tendon to move easily under the bone that forms the top of the shoulder (acromion). Hence this common condition is often known as bursitis of the shoulder, or subacromial bursitis. The presence of pain depends upon the presence of swelling, tension and inflammation, not upon the deposit of calcium. Calcium is often seen by X-ray in degenerated tendons that are not painful, usually as a hard flake. If seen in acutely painful shoulders, it may show as a soft cloud, being dispersed by the fluid and other materials in the swelling. The calcium itself is not irritating, and contributes to the pain only by adding volume to the tendon.

From the point of view of treatment, the common belief that tissue can be protected from the imagined consequence of too much calcium, or too much acid, or too little "lubricating oil" by varying the diet is fallacious, as the chemical structure of the body fluids is jealously guarded by a great number of powerful compensating mechanisms easily able to adjust to all but the most extreme variations in intake.

OBITUARY

Dr. W. J. K. (Bill) Harkness, one of Canada's leading authorities on the outdoors, died in Toronto this summer at the age of sixty-four. He had been chief of the Fish and Wildlife Division of the Ontario Department of Lands and Forests since 1946. His chief interest was fish research and he was an officer of the International Commissions and a former president of the Association of Game, Fish and Conservation American Fisheries Society.

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THOSE HANDS

By Dr. Jay B. Nash

The following is an excerpt from "Those Hands", Monograph Release VII by Dr. Nash.

It is important to notice the many possible coordinations which can be made by the fingers of the hand. Especially important are the thumb and forefinger. These coordinations are used not only by the painter, the violinist, the machinist, the scientist and the athlete, but also are vital in the thousand and one skills of everyday life.

In primitive days these skills became the basis for thinking and judgment making. Skill experience predated vocabulary by hundreds of thousands of years. It predated the written word and books. The Banta civilization had a very rich vocabulary. Yet, when an individual lacked words of expression, he would dance his thoughts. A Banta would not ask "Where are you from?" but "What do you dance?" The early dance was for the purpose of communication, as is modern dance today. Thus, body movement was used to communicate ideas long before man put them into words. An old bit of Chinese wisdom notes, "One may judge a king by the state of dancing during his reign."

After the skills had been felt, words, languages and comparisons followed. It is significant that words do not carry meanings. They only stir meanings. An individual making comparisons in the metric system is powerless to think unless the metric system can be translated into a measurement or weight system which is familiar. How can the terms acre, shilling, anna or meter have any meaning in the absence of some experience? These meanings and comparisons come rapidly in childhood, but they *must* be experienced.

"I would have 'Thinking Hands' so the power of doing will ever be mine."
—from "The Creed of Explorers"

If it is true that the child relives the life of the race in embryonic form, then the young organism must do so in a similar manner. The child must be exposed to activities of varied types. Stories and exposures must be more than hearing about barnyard animals, apple trees and sparrows. There must be exposures where the child learns about birds, trees, flowers and the constellations as well as music, crafts, languages, plays and acting. Learning about natural and physical science should begin in preschool days, not with the idea of making each boy or girl a scientist, but of arousing curiosity.

Interest in activity will vary as individual differences develop. It will become apparent that each child has a talent which must be recognized and cultivated. Each child has a combination of qualities which no one else has, and he should be given the opportunity to develop them. Education tends to suppress the individuality of the child. The schools, like much else in society, have been based on a false idea of the meaning of democracy; on the theory that democracy means that all human beings are essentially alike. The concept of democracy and its implications for education needs to be reinterpreted. Each child should have an equal opportunity to develop *his* particular talent.

Modern society needs every talent developed—the Rockefeller Report on "The Pursuit of Excellence" notes:

> There is no more searching or difficult problem for a free people than to identify, nurture and wisely use its own talents. Indeed, on its ability to solve this problem rests, at least in part, its fate as a free people. For a free society cannot commandeer talent: it must be

true to its own vision of individual liberty. And yet at a time when we face problems of desperate gravity and complexity an undiscovered talent, a wasted skill, a misapplied ability is a threat to the capacity of a free people to survive.

Much of the power gained by the young, as the years pass, is not brought to him primarily by training, by learning or by the exercise of any one particular faculty; rather is it a consequence of unhindered healthy development. After the child reaches a certain stage of development, he can easily and quickly do what could not be done even with much training at an earlier age; and this silent unfolding may and should continue throughout life. Training may be harmful when it forces power and coordination at too early a stage in development. It must, then, be classed with the blights which cut off the development of powers.

The practical rule which must be followed is to keep the small child growing through experience and physically developing in a healthy way. Education has been influenced largely by one of the most malignant of the superstitions of the Dark Ages: the idea that spiritual and intellectual development is in conflict with physical development; that the elevation of the "mental" faculties requires the debasement of the "physical". We know now, as we know many other facts of science, that this is cruelly false. The "physical and mental" are bound together in their development; whatever metaphysical theories may be sustained, they are diverse aspects of one and the same thing: if you change one you change the other; if one is blighted so is the other.

* * *

FITNESS IN BRITAIN

(*Continued from page* 10)

proud of their record and accomplishments in the field of international sport, and yet I am convinced that their main concern is to make sure that all have a chance to learn, to perform and to thrill to that performance.

The motto of our own Canadian professional association, 'Joy and Effort', seems to symbolize the forces at work in making Britain fitness conscious, active and alert.

I would also like to remind those of us here at this conference—but perhaps particularly those who are not here, those who tend to measure the greatness of this country by its success in international competition, that no nation has lost, or will lose, its self-respect, or the admiration of mankind, because it can't lay claim to a given number of 'gold medals'. Basic principles of conduct and if you will, 'Joy of Effort', intangible as they are, will remain indelible on the pages of history.

The principles of fair play and good sportsmanship and the opportunity for the individual to grow in strength, personality and character are **sound** and **basic**; and the degree to which they are accomplished is a reflection on those of us working in this field.

* * *

The New York State A.H.P.E.R. twenty-third Annual Conference will be held at Syracuse, New York, January 20-24, 1961.

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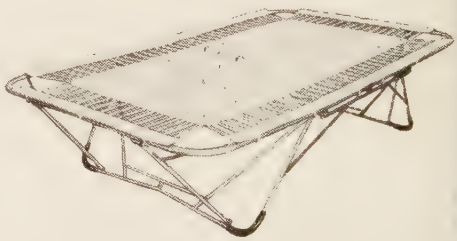

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RESEARCH REPORT

From the Research Quarterly, October 1960. The American Association for Health, Physical Education and Recreation, 1201 Sixteenth St. N.W., Washington 6, D.C.

The October 1960 issue of the Research Quarterly contains reports of some studies of particular interest. We include herein only abstracts or brief excerpts from the reports as a means of indicating purpose and findings. We strongly recommend a careful perusal of the complete studies as reported in the Research Quarterly.

1. Motor Performance of Girls Age 6 to 14 Years

Ruth B. Glassow and Pauline Kruse.

"This report shows that previously published norms are lower than those which can be achieved and suggests that the physical educator should strive for higher group goals than are now available in published literature.

The indication that girls tend to maintain the same relative position within the group (in motor achievement in 30 yard run, standing broad jump, and overarm throw) suggests at least two possible explanations. It may be that early development of motor coordination is essential for later success or that an inherent native motor ability may determine the limit of achievement during the growing years."

2. Muscular Fatigue Curves of Boys and Girls

George Q. Rich

Abstract—

Exponential fatigue curves for dynamic work of the forearm muscles were obtained from 200 boys and girls ranging from 8 through 17 years of age. The fatigue parameters analyzed in relation to initial strength were fatigable strength, steady-state equilibrium strength, and relative rate of strength loss per contraction. Older children were stronger and exhibited greater fatigue. When their strength loss and steady-state levels were considered in relation to their initial strength capacity, there were no age differences in fatigability, and sex differences were either absent or very small. At age eight, boys and girls had equal rates of strength loss per muscle contraction. Older boys, since they exerted more strength initially, tended to reach the fatigue level more rapidly than younger children. Older girls reached their fatigue level more slowly.

3. Performance as Affected by Incentive and Preliminary Warm-Up

R. H. Rochelle, Vera Skubic, and E. D. Michael

Abstract—

Forty-six male students, ages 18 to 22 years, were given a softball throw for distance without warming up and with a 5-minute related warm-up preceding throwing. The subjects were divided into two groups with the sequence of warm-up and no warm-up alternated on different days in order to reduce the possibility of practice effect, learning, or other unforeseen factors. Three throws for maximum distance were allowed for each testing period. In an attempt to rule out the possible psychological effects of not making a maximum throw without preliminary warm-up, the subject was given a monetary reward for each throw greater than his established average. A significant difference at the 1 percent level of probability was found between trials 1 and 3 when no warm-up preceded throwing. No significant difference was found between trials when throwing was preceded by a warm-up. Despite the significant increase in distance between trials 1 and 3 when no warm-up preceded throwing, subjects threw on the average 10.2 ± 1.65 feet farther when throws were preceded by a 5-minute related warm-up. This difference was signi-

ficant at the 1 percent level of probability.

4. **Health Needs and Interests as a Basis for Selecting Health Content in Secondary Schools**
Warren E. Schaller

Abstract—

A valid and reliable inventory was developed for measuring the health needs and interests of secondary school students. Four adaptations to the inventory were administered to students, parents, health teachers, and physicians. Results indicate a common core of health interests among high school students. Health needs as expressed by high school girls and boys are markedly different. The parents, health educators, and medical doctors were in agreement on the basic health needs of the high school student. The adult and student portions of this sample were in some disagreement on what the high school child needs to learn about health.

* * *

WOLFENDEN REPORT

(*Continued from page* 19)

should be improved and extended. The present British system has considerable merits, especially that of linking sport closely with school and education. (Paragraphs 106-109)

(d) ORGANIZATION, ADMINISTRATION AND FINANCE

14. More efficient headquarters administrative machinery is needed for many activities: good administration is inseparable from successful coaching and development work. (Paragraphs 130-131)

15. Urgent consideration should be given to the possibility of relaxing capital restrictions on expenditure by local authorities and local education authorities on facilities for physical recreation. (Paragraph 153)

16. Local education authorities should be generous in giving grant-aid to enable potential coaches and leaders to attend residential and other training courses, and their readiness to give such grant-aid should be made better known. (Paragraph 155)

(e) AMATEURISM

17. We are unanimous in our dissatisfaction with the present position, though we are not agreed as to the ultimate solution for the present difficulties. We are united in recommending:
    (a) that the Governing Bodies should meet together with a view to ending the anomalies arising from their different attitudes to amateurism; and
    (b) that the Governing Bodies should accept the duty of ensuring that whatever definitions or rules they lay down are observed. (Paragraph 176)

(g) THE INFLUENCE OF THE PRESS

18. Greater attention to accuracy in newspaper reports and comment should be given by sports editors and sports journalists. Those reporting sporting events should be suitably qualified. 'Ghost' writing should be discontinued. (Paragraphs 201-205)

(h) TELEVISION AND RADIO

19. Television and radio make a valuable contribution to the development of sport and cannot justly be said to increase watching at the expense of participating. (Paragraph 222)

(i) SUNDAY GAMES

20. We do not regard as improper in itself participation in games on Sundays, but we ask for restraint in the organization of sporting activities on Sundays. We would object to any move to organize professional sport on Sundays. (Paragraphs 225-227)

Chapter 5 — A Sports Development Council

21. A Sports Development Council, of six to ten persons, should be established, to be responsible to the Lord President of the Council or directly appointed by the Chancellor of the Exchequer. This Council should receive each year a sum of money made available to it directly by the Treasury. (Paragraphs 269-271)

* * *

CANADIAN CONFERENCE ON EDUCATION

By N. R. SPEIRS,
Director of Physical Education
Toronto Board of Education

Report on Meeting of National Committee Canadian Conference on Education Ottawa — November 10th — 1960

CAHPER's delegates: Rae Speirs, Father Montpetit (observer).

The next conference will take place in the Royal York Hotel, February 19th to 23rd, 1962.

Purpose of Canadian Conference on Education — to arouse public interest in education by improving communication between professionals and laymen.

The Chairman, Kurt R. Swinton, said it was difficult to choose the middle road between complacency and panic. He therefore chose his words "to comfort the afflicted and afflict the comfortable."

He declared that the public was infinitely more education-conscious since the 1958 conference — as a result educators were becoming more public-relations conscious.

The financial picture has improved. From ⅓ to ½ of municipal expenditures are for education.

National expenditures total over 1½ billion per year — only national defence carries a higher price tag (up 10% since 1958).

According to the Dominion Bureau of Statistics, education accounts for 5.6% of total personal income (4.8% in 1958); 4.2% of gross national product (3.6% in 1958).

Teachers' salaries have increased 4% since 1958 but have not kept up with the increased expenditures on cars and tobacco.

The Dominion Bureau of Statistics reports increase 1957-59 as follows (excluding Quebec):

Elementary teachers	16.2% increase
Secondary teachers	19.1% increase

Rural teachers in one-room schools have gained only an average of $280.00.

Swinton was concerned with the qualifications of teachers. In 1958-59 only 68.5% of all elementary teachers were fully qualified — 73.1% of secondary. In 1957-58 72.1% of all elementary teachers were fully qualified — 73.5% of secondary. This shows a small deterioration in qualifications.

In one-room rural schools the figures fell from 49.2% to 44.2%.

Swinton says "We have not been overly-successful in convincing students that teaching is a desirable profession."

He complains that "in my travels across the country I have found that all sense of urgency has gone — business, pleasure and education as usual seems to be the motto from ocean to ocean. He reminds us that H. G. Wells said "Education is a race with catastrophe". In this race we have two enemies: nuclear weapons and governments that block the freedom of man.

Asked if copies of his speech would be available, Swinton replied "Of course — along with the Declaration of Independence, Magna Carta and the Sermon on the Mount".

The Vice-Chairman, Dr. Robert Gauthier, Director of French Instruction, Ontario Department of Education, observed that in Ontario 45,000 English-speaking public school pupils have begun the study of French since the 1958 conference.

A conference booklet "Education for Canada's Future" contains an impressive list of accomplishments related to 1958 conference resolutions.

Dr. Roby Kidd reported on plans for the 1962 conference. It is proposed to spend the first day exploring the topic "The Aims of Education in a Free Society".* On subse-

quent days from four to eight forums will explore and debate six major ideas:

*The professional status of Teachers
*The Development of Student Potential
New Developments in Society
*Financing Education
Continuing Education
Lay-leadership in Education

For examination of particular issues these forums wil divide up into sixty smaller work groups (25 each).

Following the pattern of the White House Conference on Children a series of study guides is being prepared on each of the above topics. Those marked with an asterisk are already available by writing to the Canadian Conference on Education, 85 Sparks Street, Ottawa (no charge). Each guide contains provocative questions and lists authoritative reading sources.

It is hoped that these study guides will provoke discussion in the 64-odd parent organizations (of which CAHPERS is one) so that delegates to the convention will come to the 1962 conference well informed, e.g. Study Guide re The Development of Student Potential contains this radical proposal No. 29 "Should the home make an effort to resume responsibility for some phases of education that have been assumed by the school, e.g. Health Education or Home Economics? This strange fruit is about the only evidence that our representations on behalf of Health, Physical Education and Recreation were heeded.

The conference planners tried to obviate the natural tendency of delegates to form cliques of persons with common background e.g. university people in one room — school trustees in another. It was suggested that our delegates be equally divided among the six forums and that this division be maintained for the two days of the forum so that the topic could be dealt with "in depth". Strong objections were voiced that this would prevent "cross fertilization" between the groups. A compromise will be worked out.

A near crisis was precipitated by the French-speaking delegates over the quotas assigned to their groups. It was pointed out that nearly all the national bodies already had French-speaking delegates. It took all the chairman's tact to prevent a schism on language lines. However, a sort of ominous peace was restored.

The Canadian Association of Health, Physical Education and Recreation had two delegates at the Ottawa Conference in 1958. We are given a quota of ten for 1962. This is a fairly average quota. It is the same as the Association of Headmasters, who had five at the 1958 Conference. Quotas run as high as eighty for the Canadian Education Association and Home and School Associations.

CAPHERS is asked to select delegates from every province, if possible before February and let the committee know if the quota is satisfactory or requires adjustment.

Professor Bartlett suggested doubling the convention fee to $20.00. The committee would like an expression of opinion on this.

The next meeting of the Committee will be in Quebec City, February 18th, 1961.

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ACROSS CANADA

By C. R. BLACKSTOCK

Executive Secretary

The Canadian and United States Y.M.-.A.'s are jointly working on a core physical programme which will be used in both countries. Wes. McVicar, National Physical Education Secretary has played a major role in developing and preparing for the publication of the plan.

* * *

The Canadian Association for Adult Education is endeavouring to interest adults in more programmes of more vigorous physical recreation.

* * *

The third Leaders' Corps. Camp at Geneva Park was the best yet. Seventeen leaders were at the course the first year, forty the second and fifty-three this year. Young men from Alberta, Saskatchewan, Manitoba and Ontario got well started in physical education. Three graduates of the first year course were assistant staff instructors.

* * *

Philips B. Stroyan, superintendent of parks in Vancouver, British Columbia, received a citation for meritorious service to parks and recreation in Canada at the annual meeting of the Parks and Recreation Association of Canada in St. Catherines, Ontario, this summer. The citation covered his twenty-three years with the Vancouver Board of Parks and Public Recreation.

The parks have grown with the city. It now boasts 122 parks.

* * *

It is interesting to note that the following was included in the Parliamentary Speech from the Throne:

"consider means of encouraging the youth of Canada in amateur athletics."

Vienna, Austria is spending 50 million dollars for the improvement of physical education in its city schools and recreation areas, during the next five years.

* * *

Those who did not get to Rome and the Olympics can get good reports for branches, schools and universities from those who were there. Many of these folks will be pleased to report. You may have to invite or "tag" them, but it will be worthwhile. We should spread the great thrill, the elan, which rises at these international games every four years.

* * *

The Conference for National Cooperation in Aquatics held its tenth annual meeting at Yale University. To mark this occasion the conference made its first awards in recognition of long distinguished service and contributions to aquatic education. Two of these who are known to many Canadians—Carl Bryant, long-time water safety Director for the American Red Cross; Robert Kiputh, internationally known aquatic teacher and coach.

* * *

The Executive-Secretary visited AAHPER national office in Washington where he was well received by Carl Troester and others. Our two associations are endeavouring to work out a mutually beneficial arrangement for the distribution of publications.

* * *

There is a goodly number of R. Tait McKenzie sculpture in the Trophy Room of the Payne Whitney gymnasium at Yale University. Bob Kiputh, former aquatics instructor and coach at Yale for many years has done much to bring athletic sculpture to the attention of all.

CANADIAN ASSOCIATION FOR HEALTH, PHYSICAL EDUCATION AND RECREATION

TO: All CAHPER Branches

FROM: Nominations Committee

Dear Mr. President or Madam President as the case may be:

Once again the time has arrived to think of nominations for the new slate of officers fo our Association. The officers to be elected at the 1961 Convention are as follows:

President-Elect
President
Vice-President for Health Education
Vice-President for Physical Education
Vice-President for Recreation
Chairman of the Finance Committee
Chairman — Publications Committee
Chairman — Membership Committee
Chairman — Affiliations Comittee
Chairman — Professional Registration Committee
Chairman — Speaker's Bureau
Member-at-large

I urge you to give some immediate consideration to nominations for the various office and I wish also to remind you that all nominees must be members in good standing an they must have agreed to allow their name to stand for the particular office for which the are nominated.

At the last Annual Meeting, President Gordon A. Wright agreed to let his name stan for the Presidency for 1961-63. It is the opinion of the Nominating Committee that mem bers might wish to consider this nomination by acclamation and to turn, then, to decidin on a senior executive officer to be elected as the President-Elect. Nominations may be sen to:

Dr. M. L. Van Vliet, Chairman
Nominations Committee, CAHPER
c/o School of Physical Education
University of Alberta, Edmonton.

Please make every effort to get your nominations in early so that their names and pas records can be duly and properly publicized through the Journal.

Your immediate acceptance of this responsibility would be very greatly appreciatec Let us have a full slate of officers ready for our Association at the earliest possible date

Very truly yours,
M. L. Van Vliet, Chairman
Nominations Committee, CAHPER

BOOK REVIEWS

AN ELEMENTARY COURSE IN STATISTICS, TESTS AND MEASUREMENTS IN PHYSICAL EDUCATION by *N. P. Neilson, Ph.D.;* N-P Publications, Palo Alto, California. — 1960 — $2.00 — 68 pages.

This booklet is a short course in statistical methods as applied to physical education. It is, in essence, Dr. Neilson's combined course in statistics and tests and measurements. The book presents in concise form information concerning elementary statistical methods, graphical methods of scoring tests, and criteria for evaluating and selecting tests. It presents problem areas for investigation of existing tests and discusses test construction and administration.

No actual tests are presented in this book but a general bibliography is provided. Our interpretation of its purpose is to provide necessary background information and knowledge which will enable the practitioner to use physical education tests and measurements in his program and to give meaning to interpretation of the results. It gives a very brief treatment to a broad subject and provides references for further information and study.

ATHLETIC HANDBOOK WITH RULES, 9th EDITION; The National Council of the YMCA's of Canada,
15 Spadina Road, Toronto,
1960.

So says the outside cover. The title pages refer to it as the "Athletic Handbook of the Y.M.C.A. Athletic League" and as "Competitive Sports in the Y.M.C.A.'s of Canada". This convenient pocketbook contains the rules of many familiar competitive sports. It also includes such helpful articles as "Schedules and Tournaments", "How to Organize a League", "Care of Equipment", "Safety in Athletics", and diagrams of various sports areas.

The National Council of the Y.M.C.A.'s of Canada are to be congratulated on this contribution to available reference information.

Doris W. Plewes, Ed.D. F.A.C.S.M.

Soccer Speedball (and Fieldball) Guide
1960-62
Basketball Guide
1960-61
Field Hockey and Lacrosse Guide
1960-62

These Guides for years have been our main source of information on the rules and officiating of girls' and women's sports. Many teachers keep the back copies on file in order to have the information given in the articles pertaining to that particular sport or to sports in general remain available. Lists of visual aids and reference books, and even a crossword puzzle in basketball, are included with the official rules in each sport. The Guides have become a necessity for all who teach or coach these games.

INDIVIDUAL AND TEAM SPORTS FOR GIRLS AND WOMEN by *M. Vanier and H. B. Poindexter.* — W. B. Saunders Company, Philadelphia.

The book contains information on the nature and purpose of nine individual and

seven team games, needed facilities and equipment, a general description of the skill techniques, teaching units, and sample lesson plans which give logical teaching progressions.

Of particular value is a unique verbal and visual presentation of skill difficulties and their correction, a decided asset when attempting to analyze incorrect form.

Many novelty games and events are listed at the end of each chapter.

Reviewed by the
NEWS BULLETIN of M.A.P.E.R.

TECHNIQUES OF ATHLETIC TRAINING by *Logan and Logan.* — Franklin-Adams Press, Box 93, Los Angeles 41, California.

A new and improved edition of a very handy manual for coaches and instructors.

The greater portion of the manual deals very clearly with all the injury emergencies that could occur in physical education and athletics and outlines the standard procedures which may be followed in the care and treatment of the less complex ones.

Over 400 illustrations are used; terminology is simple. Also included are sections on taping, massage, conditioning exercises, and training room equipment.

Reviewed by the
NEWS BULLETIN of M.A.P.E.R.

THE GIRL'S BOOK OF CRAFTS; by *Ruth Zechlin; B. T. Batsford Ltd.,* (British Book Service, Canada). $8.50.

This is an excellent book on crafts to augment the library of anyone creatively inclined. It covers a wide range of popular crafts (24 in all) with attractive and helpful illustrations (1250 of them) which speak for themselves. Technically it is good, especially for the beginner, with basic steps clearly and concisely explained and should prove particularly helpful for the individual interested in many of our domestic crafts such as sewing, knitting, embroidery, crocheting, batik and lamp shades. In addition, weaving, pottery, leatherwork, lino cutting, woodworking, raffia, metalwork, book binding and many others are included. Each one is expertly treated in regard to the history of the craft as well as the procedure in choosing required materials, tools and patterns and instructions for making articles. It contains a complete selection of fascinating crafts for anyone interested in the "doing" or the "teaching" of handwork in the home, summer camp, school, hospital or as a vocation for the versatile and imaginative individual.

Helen Hall-Wood
Formerly with Lewis Craft Supplies Ltd.

* * *

Plan now to attend
the CAHPER NATIONAL
CONVENTION — June 19-23,
McMaster University,
Hamilton, Ontario

FROM THE EDITOR

The editorial staff of the CAHPER Journal continues its efforts to present articles of interest to its readers. In this regard we are continually on the look-out for original material particularly in the following areas:

1. Addresses having application to our own or allied fields.
2. Program ideas or studies.
3. Articles pertaining to women's athletics and physical education.
4. Articles and news pertaining to the recreation field.
5. Articles by members of our large student membership for "The Student's Write" section.
6. Glossy pictures as illustrations.

The editors would be pleased to receive new material from new authors and would welcome any suggestions or constructive criticism of The Journal. Please forward materials, etc., to J. R. Life, Ontario College of Education, 371 Bloor St. W., Toronto, Ontario.

The Editor

CAHPER Application or Renewal Form For Membership or Subscription

Mr. C. R. Blackstock,
Executive Secretary, CAHPER Inc.,
95 Wellesley Street East,
Toronto 5, Ontario

Dear Sir:

Please accept this form as: (check *only one* of items 1 to 4)

☐ 1. Application form for membership (including Journal) as indicated below.

☐ 2. Renewal form for membership as indicated below.

☐ 3. Application form for subscription to the CAHPER Journal.

☐ 4. Renewal form for subscription to the CAHPER Journal.

In your files, please record my name or the agency for whom I am applying in *one* of the following categories: (check *only one* of items 5 to 8)

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☐ 6. Life member of national association ($75.00).

☐ 7. Active national member ($5.00 per year).

☐ 8. Student national member ($2.00 per year).
(University students only are eligible)

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